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*Central District Health promotes wellness in our communities through education, prevention of disease and disability, and preservation of the quality of our environment.*

## NEWS

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### TAKE THE SMOKE-FREE HOME PLEDGE

It's estimated that 20% of children under the age of six in the U.S. are exposed to secondhand smoke at home. Protecting children from secondhand smoke is especially important because their bodies are growing and developing. Exposure to secondhand smoke can cause children to experience more respiratory infections such as bronchitis and pneumonia, middle-ear infections and more frequent and severe asthma attacks. Secondhand smoke exposure has also been linked to low birth weights and Sudden Infant Death Syndrome also known as SIDS.

The Central District Health Department (CDHD) is encouraging parents to take the "Smoke-Free Home Pledge" to protect their children from the dangers of secondhand smoke. Taking the pledge is easy, just go online to <http://www.epa.gov/smokefree/pledge/index.html> and fill out the form or call 1-866-SMOKE-FREE (1-866-766-5337) and enter your five-digit zip code. Your pledge is private. The Environmental Protection Agency will compile results by zip code, providing a measure of the success of the program across the nation.

"We'd like to see lots of parents and care givers in our health district take the pledge to keep children safe from secondhand smoke," Said Joanne Graff, Tobacco Prevention Health Educator at Central District Health. "Don't we owe these children every opportunity to grow up healthy?"

Tobacco use is the leading preventable cause of death in the United States, killing more than 400,000 people every year. Every day, more than 4,000 kids try their first cigarettes; another 2,000 kids become addicted smokers, one-third of whom will die prematurely as a result.

For more information on the 'Smoke-Free Home Pledge' call CDHD at 375-5211 or visit the CDHD website at [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov).

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